



Makes 9 arancini
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

2 tablespoons flaxseed meal

½ cup canned no-salt-added chickpeas, undrained

1½ cups cooked brown Arborio rice, chilled

2 teaspoons nutritional yeast

1 clove garlic, minced

¼ teaspoon dried oregano, crushed

Sea salt, to taste

Freshly ground black pepper, to taste

9 pimiento-stuffed green olives

9 piquante peppers, such as Peppadew peppers

½ cup whole wheat panko or gluten-free bread crumbs

¾ cup spicy oil-free pasta sauce, warmed (optional)

Air-Fried Arancini

These cheese-free arancini are crisped to golden-brown perfection in an **air fryer** so you get a satisfying crunch without the unhealthy oil. Each creamy rice ball is stuffed with green olives and piquant peppers to create a tangy center that contrasts nicely with the garlicky Arborio rice. A coating of bread crumbs ensures a crispy exterior while a side of spicy marinara makes for a delicious dipping sauce. Serve air-fried arancini as an appetizer, or pair them with a green salad to create a fantastic vegan Italian meal. Be sure to make a double batch if you don't want these bite-sized beauties to disappear too quickly!

Tip: To bake instead of air-fry, preheat oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat. Place arancini on a baking sheet. Bake 20 minutes or until lightly browned and crisp.

For more vegan appetizers, check out these tasty ideas:

- [Smoky Vegan Stuffed Mushrooms](#)
- [Greek Stuffed Mini Peppers](#)
- [Roasted Tomato, White Bean, and Olive Bruschetta](#)
- Or take a look at our full collection of [vegan party appetizers](#)

By Juliana Hale

- 1 In a small bowl stir together flaxseed meal and 2 tablespoons water. Let stand 5 minutes.
- 2 In a large bowl mash chickpeas with a fork until nearly smooth. Stir in flaxseed mixture, rice, nutritional yeast, garlic, and oregano. Season with salt and black pepper.
- 3 Stuff a green olive inside each pepper. Divide rice mixture into nine portions. Wrap each rice portion around a stuffed pepper to form a ball.
- 4 Place panko in a shallow dish. Roll each ball in panko, lightly pressing to coat.
- 5 Preheat air fryer to 370°F. Place risotto balls in a single layer in air-fryer basket. (Fry in batches, if needed.) Air-fry 8 minutes or until lightly browned and crisp, turning once. Serve with warm pasta sauce for dipping (if using).